

Hawaii MARINE SPORTS

Hawaii Marine C Section

May 3, 2002

Military surfers tear it up at Pyramid Rock

Sgt. Roman Yurek
Combat Correspondent

At 9 a.m. Saturday morning, while most people were just getting out of bed, more than 50 athletes woke up with the splash of the crisp ocean waves at the start of the Pyramid Rock All Military Showdown rematch

Service members from all branches, and military family members, battled it out on the swells trying to capture the coveted championship.

Early in the matches, the waves were low, but intensity remained high as the younger competitors rode the waves.

Surfers paddled out in groups of three to five. Each was given 20 minutes to catch and ride as many waves as possible.

Judges took the best three waves for score.

"The more waves you catch, the better your chances," announced one of the judges after reading the rules.

That's when the first set of wave riders took to the water. This first heat consisted of two categories, the youth 14 and under, and the youth 15 to 19.

Three of the four surfers paddled far into the water. Unfortunately, the sets were few and far between.

One of the youngest surfers, George Castellvi, stayed close to the shore and was able to ride a few more waves, racking up points.

For most of the morning, the sets were slow and the waves barely breaking the four-foot range. Still, surfers had to get out there and ride their best.

"All I'm going to do is find a good wave and milk it all the way to the beach," said John Kauffman, one of the competitors in the longboard category.

After a lunch break, the sets began to pick up and the longboard competition commenced.

Riders were walking up and down



Sgt. Roman Yurek

Danny Mateik, winner of the youth 15-19 division, wipes out early in the competition, but managed to ride a few more waves to victory.

their boards all the way to the beach. This allowed for maximum points on the small surf.

Besides the military from this island participating, there was one other group that showed for the competition,

Marine Corps Air Station Miramar's Surf Team.

Competitors sliced the top of the breaks and cut back in to gain more points during the all-day competition.

Though prizes were awarded, many

of the competitors said that this day was just for fun.

More surfing showdowns are planned for later in the year, when the surf picks up again and these competitors can really cut loose on the waves.

Annual Shank & Slice tournament tees up at Klipper



Lance Cpl. Jessica Mills

Kevin Fitzgerald, a supply clerk with MCAF and president of SM&SP, tees off at the 13th hole overlooking North Beach.

Lance Cpl. Jessica Mills
Sports Editor

The annual Shank & Slice golf tournament, hosted by the Single Marine and Sailor Program, took place April 26 at the MCB Hawaii, Kaneohe Bay, Klipper Golf course.

Fifty-two Marines and Sailors competed in 18 holes of golf in four-man teams. They competed for overall first place, "the longest drive" and "closest to the pin."

Sponsors such as Geico, AT&T, Papa John's and Subway, among others, provided the prizes for the winners of the tournament and for the blind draw.

"We were hoping to have the junior single Marines and Sailors come out and bring their staff noncommissioned officers along with them to compete," said Leslie Graham, SM&SP program coordinator. "The idea was to build camaraderie while getting the service members out of the office and into a new environment."

The plan was a success, 38 junior enlisted service members and 13 staff NCOs, participated in the tourney.

While out on the green, the participants' attitudes were very relaxed, and everyone seemed to be in high spirits.

"We want them to enjoy

what we have to offer them. It is all about the quality of life. The idea is to get them out of the average working environment and give them something fun to enjoy," said Graham.

A number of Marine Corps Community Service workers came out and assisted with the preparations, along with many volunteers from different commands on base.

During the tournament, volunteers drove golf carts around the course to offer participants refreshments as they took turns playing each hole.

Due to the volume of players on the course and proper golf etiquette, most teams paused between holes, allowing groups ahead of them to finish before teeing off.

"A program like this is really beneficial to offer on base," said Ed Amadis, senior staff NCO in charge at the Regimental

Schools swim section. "Especially for the junior enlisted, it's good for them to have a chance to play around a little bit. Their average day is always about work, work, work."

Being on the green seemed to lift the spirits of the participants, especially as they drove up the hill to the 13th hole that overlooks the ocean and Pyramid Rock.

"This is a great chance for Single Marines and Sailors to get to play on such a beautiful course and to take their minds off the stresses of work," said Kevin Fitzgerald, a supply clerk with Marine Corp Air Facility and enlisted president of SM&SP.

"I came out today to shoot a couple holes with each of the different groups and enjoy myself as well. Everyone's morale

See GOLF, C-3



Lance Cpl. Jessica Mills

(From Left) Lawrence Woolley, aviation ordnance officer with MarForPac, and Kevin Emery, aircraft maintenance officer with MarForPac, chip a ball across the green.

SPORTS BRIEFS

Base Needs Hockey Players

The Intramural Sports Division of Marine Corps Community Services is trying to start a base Inline Hockey League.

Currently, the league needs another 15 to 20 players to get started on base.

The team will play on the weekends.

All interested players must be able to provide their own equipment such as sticks, helmets, skates and pads.

The league will be open to anyone 18 years and older. All Marines, Sailors, family members and base civilian employees are welcome to join.

For more information on the league, contact Chief Warrant Officer Dubois at 257-1581 or 254-2088.

“Get Hooked” Fishing Tournament

The Base Marina invites all Marine Corps Base Hawaii families to “Rod & Reel,” during the 4th Annual Day on the Docks family fishing tournament, Sunday from 10 a.m. – 1 p.m. at the Base Marina.

Onsite registration begins at 9:30 a.m. The registration fee is \$12 for the first child and \$10 for each additional family member.

With a paid registration, patrons will receive bait, an exclusive Day on the Docks T-shirt, lunch courtesy of Subway, and cake and ice cream during the awards ceremony.

Entertaining and educational displays from Water Safety, Mahalo Kai Fish and Dive Charters, U.S. Fish & Wildlife, and National Marine Fisheries, as well as a sidewalk sale featuring RNR Surf and Ski and Ocean Concepts — will lure all patrons.

Prizes, medals and ribbons will be awarded to fishing tournament participants in various age and theme categories.

For more fishing tales, call the Base Marina at 254-7666.

Race to the Finish

Kaneohe Bay will be hosting the 6th annual Marine Aircraft Group 24 Triathlon Saturday at 5:30 a.m.

There will be both individual and 3-person team competitions.

Official race T-shirts will be given to all participants.

The event is open to the public with a \$20 entry fee.

Call 254-7590 or 254-7591 for more information and to register.

Splash to Fitness

Make a splash today and get ready for summer with Water Safety’s water aerobics class offered at the base pool Tuesdays through Saturdays.

Classes are \$2 per session, or purchase a \$15 coupon

book (for 10 sessions, averaging \$1.50 per class), available at the pool.

Water Aerobics classes are free for active duty military.

Water Safety is also accepting applications for ongoing children’s swimming lessons.

For more details on the Water Aerobics classes, including class times and starting dates, contact Water Safety at 254-7655.



Sgt. Roman Yurek

Base All Stars

NAME: Chief Warrant Officer 2 John F Kauffman

BILLET: MCCS Retail Officer

UNIT: Headquarters Bn.

POSITION: Short and long board surfer

TEAM: Team Pyramid

SPORT: Surfing

HEIGHT: 5’ 11”

WEIGHT: 190 pounds

- He first began surfing in 1970 in the Mokolua Islands, Lanikai, Hawaii.
- He claims his biggest achievement is the ability to encourage his son and neighborhood children to enjoy the sport.
- His most recent achievement was assisting his team to finish 2nd in the Mens Master Short board during the Surf Showdown Re-match.

“I am still ecstatic over the team we formed to represent MCB Hawaii.”

Team Pyramid takes prize

**Chief Warrant Officer 2
John F. Kauffman**
MCCS Retail Officer

The hosts of the recent Pyramid Rock Surf Showdown Rematch, MCB Hawaii’s Team Pyramid, swept the field of seven teams to become the first Hawaii Military Intramural Surf Team champions. Team members Makani McDonald, John Kauffman, Kris Burmeister and Jose Acosta racked up an amazing 36 points, followed by 2nd place finishers Team North with a distant 15 points.

Leading the charge in three-to-six foot surf for Team Pyramid was Makani McDonald, taking 1st in both the Master’s short board and open long board divisions with polished cutbacks, round-house turns and exacting wave selection.

Joining the frenzy was John Kauffman, catching outside “set waves” and slashing through to the beach to earn 2nd place in the Masters short board and 4th in the Open long board.

Both from Hawaii,

McDonald and Kauffman used their local wave knowledge to dominate with 1st and 2nd place finishes throughout their preliminary and semi-final heats.

North Carolina native Kris Burmeister left a swath of whitewater as he surfed his way to a 1st place in the Men’s Shortboard Division and a remarkable 7th place in the Open longboard using a borrowed longboard.

Fellow teammate Jose Acosta sealed the championship with fluid, long lefts and crowd-pleasing “floaters” over the top of the whitewater. Jose glided his way to a 5th place finish in the Men’s short board final, while making it all the way to the Open long board semi-finals.

Surf Team Challenge Results:	
1st -	Team Pyramid
2nd -	Team North
3rd -	SoCal (S. California)
4th -	Pacific Force
5th -	Coast Guard
6th -	MCAS Miramar
7th -	Real Dogs



Lance Cpl. Jessica Mills

William Scheil, an aviation electronic technician with MALS-24, makes his putt while Mitchell Amadis, 7, holds the flag.

GOLF, From C-1

seems to be way up and it seems to be a success,” said Fitzgerald.

Once the last team finished, appetizers were served, winners were announced and prizes were awarded. Everyone had a chance to win prizes donated by the sponsors during the blind draw, and many participants left with gifts such as gift certificates to Papa John’s and Subway.

“Almost everyone went home with something, but whether or not people won, it seemed like everyone had a good time,” said Graham.

Getting your feet in shape for life

NAPS
Featurettes

It’s no secret that exercise can work wonders for your physique, but what about your feet which bear the brunt of impact during a workout?

Much of what we do in the name of fitness can detract from foot health.

How you get healthy feet without sacrificing workouts? Follow these guidelines to get

your feet in shape:

If the shoe fits, ensuring that shoes fit properly goes a long way toward preventing many common foot problems.

To combat athlete’s foot:, wash feet daily with soap and water, and dry them completely using a hair dryer between toes if a towel doesn’t fit. Change shoes regularly and keep feet dry in fresh cotton socks.

To preventing blisters, corns

and calluses, be sure to use lotion and a pumice stone regularly, as calluses grow quickly on dry, dead skin.

It’s also a good idea to wear supportive shoes with a wide toe box and low heel.

Your feet need to last a lifetime.

For a list of podiatrists in your area, and for more foot health information, visit the Web site at www.apma.org or call 1-800-FOOTCARE.



Cpl. Jason E. Miller

A volunteer at the Special Olympics presents ribbons to the top three competitors in a swim relay. There were more than 50 separate races held throughout the day-long event.

Marines volunteer at Special Olympics

Cpl. Jason E. Miller
Combat Correspondent

The Windward Area Special Olympics kicked off its annual swim meet April 20 at Kailua District Park, where more than 50 athletes gathered together for a day of sun, fun and healthy competition in the park’s Olympic-sized pool.

Some 60 volunteers from MCB Hawaii, Kaneohe Bay and other military installations, as well as some civilian members of the surrounding communities, made the event possible.

The athletes, who consisted of groups from around the island, competed in numerous types of swim races and relays throughout the day.

“The personal rewards you get from participating in an event like this make the time you spend well worth it,” said Lance Cpl. Aaron Young of Combat Support Service Group 3, a first-time volunteer at the Special Olympics.

“It’s really a lot of fun to come out here and help out with some people who have disabilities,” said the San Francisco native who

works as a nuclear biological and chemical defense specialist.

The event began with the lighting of a torch, much like the Winter Olympics that took place earlier this year. The playing of the national anthem and reciting of the athlete’s creed set the tone for the games.

Winners took home ribbons for their accomplishments. Even those who didn’t win were awarded ribbons simply for participating.

“This is truly a humbling experience to come out and work with these individuals, said Staff Sgt. Brian Donaldson, a MIMMS chief from CSSG-3 who celebrated his one-year anniversary of volunteering for the Special Olympics at the event.

“As Marines, we sometimes get limited means with which to accomplish a mission. We have to adapt and overcome to do it. These athletes have disabilities to overcome, and they come out here and give it everything they’ve got to compete. Their determination inspires me. The athletes keep me coming back.”

The Special Olympics serve as more than a way for athletes to come together at events and compete. It is a year-round program that helps enrich the lives of the participants and the volunteers who make the events possible.

For more information on events or volunteering, contact 1st Sgt. Dorsey Roberts, Windward Area Special Olympics director, at 257-2531, ext. 226, or e-mail him at Robertsde@mfr.usmc.mil.



Cpl. Jason E. Miller

A Special Olympics competitor cheers in victory.

Protecting Kids’ Eyes

NAPS
Featurettes

It’s almost second nature for parents to make their child wear a helmet when riding a bicycle. Unfortunately, many do not insist upon the same protection for their kids’ most important asset: their eyes.

According to a recent study by the Vision Council of America, parents know the importance of protective sports eyewear, but kids are nearly twice as likely to wear a bike helmet than protective eyewear.

Chicago Ophthalmologist Susan Taub says,

“You can injure every structure in the eye with an external blow. Protective eyewear can transfer the force of the blow away from the eye itself, to the surrounding area.”

Baseball and softball are the leading causes of sports-related eye injuries among young children in the U.S. As this season begins, visit your eye doctor for an exam and to learn how to protect your little slugger’s eyes from injury.

For more information, visit at www.checkyearly.com, or call (800) 424-8422 ext. 45, and ask for item CYA.



NAPS

Baseball and softball eye-related injuries resulted in 4,700 trips to the emergency room in 2000.

Retired Marine saves NASCAR owner’s life

Staff Sgt. Demetrio J. Espinosa
Marine Corps Recruiting Command

TROY, Ala. — “What in the heck made you go out there in that water?” That is a question Larry Hicks has had to answer from family, friends, and the press. His answer is always the same. “I don’t know, I didn’t really think about it. I did what any other Marine in my position would.”

What he did that Friday evening after work is nothing less than incredible.

The retired sergeant major and 22-year veteran of the Marine Corps, had just come home from work as a Wildlife and Fresh Water Fisheries enforcement officer April 22. It was about 6 p.m., and he and his wife were enjoying the evening together in their living room.

He first heard, and then saw a small plane flying very low behind his home. Just 150 yards away, that plane struck a low-lying power line, which caused it to flip end-over-end and crash on its back into the 57-acre lake behind his property.

“I was watching the airplane: hopping, watching, for the pilot to come up,” said Hicks.

Hicks’ first reaction was to help whoever was in the plane.

“I told my wife ‘you go call 911; I am going to see what I can do.’ As Hicks turned to head for his 14-foot longboat, he turned to his wife and told her no matter what, he loved her.

Those were the last words he said to her as he got into his boat and headed for the wreck.

By the time Hicks was in the water, he realized he was swimming in a pool of aviation fuel. He summoned the lessons learned from a Search and Rescue Diver Course he took as a Marine nearly 20 years ago. Ironically, although Hicks completed two months of training to qualify to be a SAR diver, he was never assigned as one. Still, the lessons stuck with him.

Hicks dove below the water’s surface to search for the pilot, and his training was able to help him after all. He followed the contour of the plane and found where he thought the seat would be. He felt around and found the seat, but the pilot was not there.

“I thought the pilot had come loose and was somewhere on the bottom,” said Hicks.

As he gathered his next breath, he realized that by the way the plane was laying and its size that there might be another set of seats. He dove again finding what he thought was the front seat. Feeling along the side railing he couldn’t find the pilot. As he headed up for another breath, his hand swept past a person’s neck. It was the pilot.

Hicks tried to pull him out, but couldn’t. He was still strapped in. He came up for another breath and dove below. Again relying on his Marine Corps training, he felt along the pilot’s body and found the quick release on the pilot’s seat belt. The pilot came loose, and they both headed for the surface.

Once on the surface, Hicks searched for somewhere to hold on. As he reached for the plane’s wing, he noticed the jet fuel and a smoking engine. “I realized that that plane could blow up.”

That aside, he was worried about the pilot. Hicks held onto the plane with his left hand and held the pilot in his right arm. He leaned over to check if the man was breathing. He was not.

Knowing that the pilot had probably swallowed some water, Hicks performed a version of the Heimlich maneuver, taught to him at SAR training. His thrusts forced the water from the pilot’s lungs. Then he began to administer CPR. It took five breaths, but the pilot, still unconscious, began breathing.

This entire ordeal took about ten minutes. Hicks was still in the water when he saw the emergency crews head toward him.

The rescue workers began trying to get the fuel off of Hick’s skin using water and dish liquid. The fuel had already begun chemically burning Hicks. Seeing that they were unable to remove the fuel, they loaded Hicks into an ambulance.

At the hospital, Hicks spent over half an hour in a decontamination shower trying to get the fuel off. Hicks still wears the marks from the fuel, noticeable on his forearm but also covering most of his torso.

The rescue workers who came to



Staff Sgt. Demetrio J. Espinosa

Crews load the twin engine airplane that Jack Rousch was flying onto a flat bed truck. Rousch was sitting in the seat in the foreground of the photo.

Hick’s aid all recognized the man he just saved. It was Jack Rousch, owner of Rousch Racing a major contender in the NASCAR Winston Cup and Busch Grand National races. His team of drivers includes Mark Martin.

“I didn’t know who the man was; I just wanted to know he was alright. They told me he had millions; I said that was good and that I hoped all of his money would help him get better.”

That night Hicks returned home to help crews fish the plane out of the lake. By one in the morning he tried to go to sleep, but could not. “I was so anxious that I sat here on my patio and watched the sun come up.”

For this private man, all the attention he has received is a bit much. He doesn’t believe he should be called a hero.

“I am not a hero. I saw someone who needed help and did what I could. I think any other person would have done the same, especially another Marine. We don’t know any other way.”



Staff Sgt. Demetrio J. Espinosa

Sergeant Maj. Larry J. Hicks, who retired from the Marine Corps in 1990, poses next to momentos from his service in the Corps.

HEALTH & FITNESS

Women move towards better health

NAPS
Featurettes

Fewer than one in 10 women are aware of their number one health threat — heart disease and stroke. There is heartening news. The risk of heart attack and stroke can be lessened.

A few simple steps can help keep you on the path toward health and fitness. Here are hints from experts:

First, if you smoke, quit! Talk to your doctor about ways to kick the habit once and for all.

Next, eat smart. Following a diet low in fat and cholesterol will reduce your risk for heart disease.

Eat fish, poultry, lean meats, low-fat or non-fat dairy products, whole grains and plenty of fruits and vegetables.

Then, get moving. Studies show physically active women have a substantially lower risk of cardiovascular disease than sedentary women.

Start off slowly and

gradually build up to a routine, aiming for a minimum of 30 minutes of aerobic exercise most days of the week.

Remember, housework, walking the dog and your yard work can all be part of your commitment to increased activity.

Consult your doctor before starting a new exercise program.

To help busy women find the time for fitness and gain energy, a free 12-week physical activity program has been created

by the American Heart Association and Bayer Aspirin called “Choose to Move.”

The free, sensible program helps women recognize small, manageable changes they can fit into their lifestyles.

Each participant gets a program book filled with tips and tools to help her achieve her fitness goals.

The tools include:

- A weekly activity schedule
- News about

women and heart disease

- Weekly at-a-glance tips

Participants are divided into three fitness levels. After completing each 12-week phase, the women evaluate their own progress and may then move up to another level.

Women who want to participate in this free program can sign up by calling 1-888-694-3278, or log on to www.chooseto-move.org.



NAPS

Finding the time to stay physically fit may be easier than women realize.